

# ELKRIDGE 50+ CENTER

July 2021



 Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services

**6540 Washington Blvd  
Elkridge, MD 21075  
410-313-5192**

**Center Email**  
elkridge50@  
howardcountymd.gov

**Center Hours**  
Monday through Friday  
8:30am - 4:30pm

**Fitness Equipment Room**  
8:30am-4pm

**50+ Centers General**  
410-313-5400

**Newsletters Online**  
[www.howardcountymd.gov/elkridge50](http://www.howardcountymd.gov/elkridge50)

**Virtual 50+ Programs**  
virtual50@  
howardcountymd.gov

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**Come in for the cool,  
stay for the fun!**

Starting July 1, we welcome our members to the center at 100% capacity and with no appointments needed!

Join us as we continue to expand in-person and group fitness programs. Enjoy exercising in the fitness equipment room or in a class setting. Currently scheduled classes include: Yoga, Tai Chi and Arthritis class with additional options coming soon!

Challenge your mind and connect with others through book club, TED talks, and lifelong learning programs. Keep your brain active with bridge on Tuesdays. Gather with friends for Friday fun and an afternoon of games and card playing.



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the community centers at Glenwood, N. Laurel, and Ellicott City. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KwEPCNJ78>

If you need an update on the status of your Go50+ membership or would like additional information, call the Center at **410-313-5192**.

## Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

# General Information

## 50+ Center Staff

### Jeannie DeCray, Director

jdecray@howardcountymd.gov  
410-313-5175

### Jodi Bargamian, Assistant Director

jbargamian@howardcountymd.gov  
410-313-5174

### Lucky Sohi, Assistant Director

lsohi@howardcountymd.gov  
410-313-4832

### Jean Wehner, Front Desk Registrar

jwehner@howardcountymd.gov  
410-313-5192

## Program Types



**NEW**

In our phased approach to reopening we will be offering programs in the following formats:

### In Person Programs

A program taking place at the center

### Streaming Programs

Programs taking place virtually and being shown in the center. (Indicated by blue color)

### Hybrid Programs

Programs taking place at the center and Virtually. (Indicated by blue color)

## Recurring Programs

### Walking Club

**Monday, Tuesday, Wednesday and Friday 8-9am, Meet Outside**

Weather permitting, join fellow members for a 1-2 mile neighborhood walk. Exercise and socialize in the lounge after the walk. Free. Meet at the center. Friday, meet at the Park.

### Think Positive Group

**Monday 11am-12:30pm, 7/12-9/27**

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey. Free.

### Knitting Club

**Tuesday, 10-11:30am**

Enjoy the company of fellow knitters as you work on your own knitting, crochet, or needlework projects. The group participates in charitable knitting projects as well. Free.

### Bridge Club

**Tuesday, 1-4pm**

Enjoy casual drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some bridge playing experience required. Free.

### OMG (Open Minds Group)

**Wednesday 9:30-11:30am, 7/14-9/29**

In-depth, civil discussion on a wide range of topics to promote greater understanding of the values and experiences that inform us. Free.

### Legal Aid

**First Wednesday (7/7), 10am-1pm**

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers the following legal issues: family law, public benefits, consumer law, housing issues, and elder law. Call 410-480-1057.

**ADJUSTED HOURS OR BUILDING CLOSURES: Monday, July 5, CLOSED (Independence Day)**

# PROGRAMS

## Thursday Tech Time

**Second & Fourth Thursday, 11am-12pm**

Puzzled about new technology? Register for a free 20 minute consultation with a volunteer. Bring your questions and device. Free. Registration required.

## Bingo

**First & Third Fridays, 11am-12pm**

Enjoy bingo with all your Center friends and play for simple prizes and fun. Free.

## Game Time

**Friday 2-4pm**

Enjoy Friday fun with friends playing board games and cards in the lounge. Free.

## Exercise Classes

### Arthritis Exercise Class

**Monday & Wednesday, 2-3pm**

**\$70 for 22 classes, 7/12-9/29**

No class 9/6, 9/15

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.) Registration required.

### Tai Chi

**Thursdays 1-2pm**

**\$69 for 13 classes,  
7/8-9/30**

Tai Chi has been proven to enhance your mood, lower levels of depression, stress, and anxiety, enhance aerobic capacity, and improve muscle strength. This intermediate class is designed for students with some experience. Registration required.



## Yoga

**Fridays, 10-11am**

**\$70 for 11 classes, 7/2-9/24**

No class 8/6, 8/13

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat. Registration required.

## Programs and Activities

Please reserve your spot for all programs with a front desk staff person.  
Thank you!



### Weight Loss: What Works, What Doesn't Thursday, July 1, 12-1pm (Hybrid)

There are so many weight loss diets out there-but which one works the best? Registered Dietitian Carmen Roberts will break down popular diets and discuss the ones that are the most successful for weight loss and maintenance.

### Book Club

**Thursday, July 1, 1pm (Hybrid)**

A good book can change our perspective and broaden our horizons. Join us for conversation and connection! On July 1st, we will discuss *A Gentleman in Moscow* by Amor Towles. On August 5th we will cover *The Midnight Library* by Matt Haig

# PROGRAMS

## **Baltimore Museum of Industry: Destination Baltimore: Immigration and Opportunity Wednesday, July 7, 11am (Streaming)**

For almost two million people, Baltimore was the destination that promised a new life, hope and opportunity. Many endured tortuous Atlantic crossings under sail. Later steam powered ships sped the trip, but offered little improvement to time spent at sea. Explore who these immigrants were and what shaped their decisions to come to Baltimore.

## **Ted Talk**

### **Thursdays, July 8 & 22, 11am (Hybrid)**

Join us for one to two TED talks followed by discussion. Topics vary each month.

## **Protecting Yourself From Identity Theft**

### **Tuesday, July 13, 1pm**

Please join us for a program on understanding ID Theft. Learn how to protect yourself from having your Identity stolen. Presented by Lila Boor

## **Keeping Your Cookout Food Safe**

### **Thursday, July 15, 12pm (Streaming)**

Love to grill out in the summertime? Join our nutrition experts who will offer tips on the best way to grill out safely this summer. New recipes and grilling techniques will also be shared by Carmen Roberts, R.D. and Nutrition Specialist Cheryl Campbell.

## **Tech Tuesday**

### **Tuesday, July 27, 11am (Hybrid)**

Whether you're new to journaling or have been doing it for years, explore how to leverage technology to enrich our journaling. Learn ways to add additional dimension and fun to this creative and therapeutic practice.

## **Beautifying Your Garden with Bulbs (Hybrid)**

### **Wednesday, July 28, 1pm**

It's never too early to start ordering bulbs for fall planting. Spring and summer gardens are beautifully enhanced with these easy to grow and maintain garden gems. This talk will discuss the when, where and how to add bulbs to your garden landscape. Presented by Howard County Master Gardener Caroline Feil.

## **Walters Virtual Tour - "The Art of Looking"**

### **Thursday July 29, 11:30am (Streaming)**

How do we look at a work of art? Guided by a docent educator, practice your skill at looking to gain a deeper understanding of works from the Walter's collection. What will you notice? And, what does it mean?

## Art Classes

### **Korean Calligraphy**

**Mondays, 9:30-10:30am, 7/12-9/27**

**\$93 for 11 classes**

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Taught by retired art teacher, Chung Sook Park. Registration Required. Supply list at the front desk.

### **Asian Brush Art**

**Mondays, 10:30am-12pm, 7/12-9/27**

**\$116 for 11 classes**

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by retired art teacher, Chung Sook Park. Registration required. Supply list at the front desk.



# JULY ELKRIDGE 50+ CENTER

			<b>1</b> 8 Walking club 11 Bingo 12 Weight Loss 1 Book Club <b>Fitness Room</b>	<b>2</b> 8 Walking Club 10 Yoga 11 Bingo 2 Game Time <b>Fitness Room</b>
<b>5</b> <b>CLOSED</b> <b>INDEPENDENCE</b> <b>DAY</b> 	<b>6</b> 8 Walking Club 10 Knitting Club 1 Bridge Club <b>Fitness Room</b>	<b>7</b> 8 Walking Club 10 Legal Aid 11 BMI 2 Arthritis class <b>Fitness Room</b>	<b>8</b> 11 Thurs. Tech Time 11 Ted Talk 1 Tai Chi <b>Fitness Room</b>	<b>9</b> 8 Walking Club 10 Yoga 2 Game Time <b>Fitness Room</b>
<b>12</b> 8 Walking Club 9:30 Korean Calligraphy 10:30 Asian Brush Art 11 Think Positive 2 Arthritis class <b>Fitness Room</b>	<b>13</b> 8 Walking Club 10 Knitting Club 1 Identity Theft 1 Bridge Club <b>Fitness Room</b>	<b>14</b> 8 Walking Club 9:30 OMG 2 Arthritis class <b>Fitness Room</b>	<b>15</b> 11 Bingo 12 Keep Your Cookout Safe 1 Tai Chi <b>Fitness Room</b>	<b>16</b> 8 Walking Club 10 Yoga 11 Bingo 2 Game Time <b>Fitness Room</b>
<b>19</b> 8 Walking Club 9:30 Korean Calligraphy 10:30 Asian Brush Art 11 Think Positive 2 Arthritis class <b>Fitness Room</b>	<b>20</b> 8 Walking Club 10 Knitting Club 1 Bridge Club <b>Fitness Room</b>	<b>21</b> 8 Walking Club 9:30 OMG 2 Arthritis class <b>Fitness Room</b>	<b>22</b> 11 Thurs. Tech Time 11 Ted Talk 1 Tai Chi <b>Fitness Room</b>	<b>23</b> 8 Walking Club 10 Yoga 2 Game Time <b>Fitness Room</b>
<b>26</b> 8 Walking Club 9:30 Korean Calligraphy 10:30 Asian Brush Art 11 Think Positive 2 Arthritis class <b>Fitness Room</b>	<b>27</b> 8 Walking Club 10 Knitting Club 11 Tech Tuesday 1 Bridge Club <b>Fitness Room</b>	<b>28</b> 9 Walking Club 9:30 OMG 1 Garden Bulbs 2 Arthritis class <b>Fitness Room</b>	<b>29</b> 11 Thurs. Tech Time 11:30 Walters Tour 1 Tai Chi <b>Fitness Room</b>	<b>30</b> 8 Walking Club 10 Yoga 2 Game Time <b>Fitness Room</b>